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# Half of active-duty force is over-weight

## *How do Guard personnel maintain weight standards?*

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**By: Major Andrew Lee, M.D.**  
**179th Medical Squadron**

With the world situation as it is and statistics that state that “more than one half the 1.4 million merican active-duty GIs are overweight, up from 1995, when just 50 percent ere too tubby.” Are we ready if President Bush gives us the order?

This apparently growing trend, which is plaguing far more male troops than female, poses a otential threat to the military’s combat readiness, experts say.

“Obesity adversely affects military performance,” said Dr. Richard Atkinson, an internal medicine professor at the University of Wisconsin and president of the American Obesity Association. At a November meeting of the association, Atkinson reported that more than 6 percent of those GIs deemed too heavy are actually obese, up from 4.9 percent in 1995.

What do we shoot for?

As we all know and dread there is the AFI 40-502 that requires us to maintain a prescribed maximum allowable weight (MAW). According to health and fitness experts we should shoot for 10% below the MAW as our ideal body weight (IBW). How can we do this?

Well let’s say that you weight 175 pounds. This means that you will need 1,750 calories per day just to exist. If we are sedentary then add about 300 calories per day. Moderate activity adds 200 more calories per day and vigorous activity adds 500 more calories per day. So that means without any additional exercise we need to eat no more than 2,300 calories, if we do this then there is no weight gain and no weight loss. (A Big Mac has 590 calories by itself.). Sedentary is a person who walks on his job, plays some mild recreational activities 2-3 times per day. A vigorous activity level is fast walking to running and carrying a moderate amount of weight (50-60 pounds)

frequently during the workday and 30-40 minutes of modest to heavy physical exercise, at least 4 times a week.

Some easy things to do are to take only one portion of food, no seconds. Eat slowly and don’t rush. Avoid the fried and fatty foods. Eat smaller, more frequent meals and eat them earlier in the day. Don’t snack, especially late in the evening and don’t keep junk food around the house. Don’t continue to eat after you feel full, even if there is still food on your plate, (sorry Mom).

If you do start a diet, keep it well balanced and do not eat less than 1,200 cal/day. Exercise will help curb your appetite and burn more calories. Water, plenty of it, will also curb your appetite. If you want to try an “herbal” preparation, consult your doctor prior to using the supplement. There are often substances that can be quite hazardous to your health, especially coupled with an extreme diet.

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# Setting the standard is everyone’s job

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**By: Master Sgt. Greg Trail**  
**179th First Sergeant’s Council**

The First Sergeants Council wants to point out some of the most noticed standards violations in upcoming issues of the Buckeye Airlifter.

Many military members think when they see the installation gate in their rearview mirror, dress and appearance, as well as customs and courtesies, no longer apply. AFI 36-2903 begs to differ. When you enter the civilian community in uniform, or even in civilian attire, the standards bar is still there and perhaps is even raised a bit. Remember, as far as our community partners are concerned, you

are a typical Air Force member whether you’re setting a good or bad example. No hat when outside. Whether getting gas, a gallon of milk, going to the doctor’s office or walking from your car to your home or work, if you are outside, you must wear a hat (unless on the flight line).

Wearing only a portion of the uniform. You must be either all the way in (this includes shirt and hat) or all the way out of uniform. Removing your shirt, belt and hat and pulling your T-shirt out does not constitute civilian attire. This includes when dining out during the duty day or anytime in

uniform, you are not permitted to remove your shirt while in a public eating establishment.

Dress and appearance standards aren’t something that only the first sergeants should be enforcing. According to their creeds, NCOs and senior NCOs swear to be watchful and correct violations. So let the 179<sup>th</sup> Airlift Wing continue to set the standard for the rest to follow and do our part on being the sharpest unit in performance and in dress and appearance as well as customs and courtesies.

